

Chock-Full-of-Veggies Chili

Cooking Time: 40 minutes

- 1 tablespoon extra-virgin olive oil
- 2 bell peppers (any color), chopped
- 1 1/2 cups chopped mushrooms
- 1 large onion, chopped
- 2 celery stalks, chopped
- 3 garlic cloves, minced
- 1 tablespoon chili powder
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 2 (15-ounce) cans pinto beans
- 1 (14.5-ounce) can no-salt-added diced tomatoes, with juices

In a large saucepan, heat oil over medium heat. Add peppers, mushrooms, onion, celery, and garlic; cook, stirring, until vegetables begin to soften, about 7 minutes. Add chili powder, oregano, cumin, and salt; cook, stirring occasionally, 5 minutes more.

Add beans and tomatoes with their juices. Bring to a gentle simmer and cook, stirring occasionally, until chili is fragrant and slightly thickened, 25 to 30 minutes. Serve warm.

Comments: This basic vegetarian chili is thick and hearty. Garnish with a dollop of low-fat or nonfat plain yogurt if you like. In phase 2, brush whole-wheat pita triangles with olive oil, sprinkle with a mix of Italian seasoning and cayenne, lightly toast, and serve alongside the chili or crumble and serve on top.

Submitted By: Riki

Added: 2009-09-09

South Beach Diet

Asian Peanut Noodles

- 1 package thin brown rice noodles
- 1/2 cup peanut sauce*
- 1 T unseasoned rice vinegar
- 1 t. soy sauce
- 1 T olive oil
- 1 bag (16 oz) frozen Asian vegetable blend
- 1/3 c dry-roasted peanuts, chopped

*Peanut sauce:

Mix in a blender (Magic Bullet is great for this): 2 T natural peanut butter; chunky is best

1 t. chili powder
1 t sugar substitute
1/2 cup nonfat milk, heated.

1. Soak noodles in hot water for 20 minutes. In a small bowl, stir together peanut sauce, vinegar and soy sauce; set aside.
2. Heat oil in a large skillet over medium-high heat. Add vegetables to pan and cook 5 minutes, stirring occasionally.
3. Drain noodles; reduce heat to medium and add noodles to skillet; pour sauce over top and toss to combine. Cook 2 minutes or until heated through.
4. To serve: Arrange noodles on platter and top with chopped peanuts. Servings: 4

This would also be delicious using bean thread noodles (also known as cellophane noodles).

Comments: Adapted from Family Circle, May 2008.

South Beach Diet

Bacon Cheeseburger Quiche

Preheat Oven: 350

1 lb very lean hamburger
1 small chopped onion
4 slices crisp-cooked turkey bacon chopped in bits
3 eggs
1/2 c low-fat mayonnaise
1/2 c fat-free half-n-half
8 oz shredded reduced-fat cheddar or Swiss cheese
garlic powder to taste (optional)
white pepper

Preheat oven to 350°F.

Brown hamburger in skillet with onion. Remove and mix in bowl with bacon pieces breaking up any larger clumps with a fork or pastry mixer until you have a fine mix. Drain well of any excess grease and press into the bottom of a deep-dish pie pan. Set aside.

Combine remaining ingredients in mixer bowl and whip well. Pour mixture over beef 'crust' and bake 40-45 minutes until top is browned and 'set'.

Cool 15-20 minutes before slicing. Servings: 6

Comments: This can be packaged in Ziplocs or plastic containers for meals quickly microwaved over the next 3-5 days.

Does not freeze well though.
Serves 6.

Submitted By: Marie in WA (Countess Works-Like-a-Dog)
South Beach Diet

Chicken Enchiladas

1 large can of enchilada sauce
3 chicken breasts
small can of green chilis
whole wheat tortillas
fat free sour cream
low fat cheddar cheese Mexican blend cheese

Place 3 chicken breasts in crockpot.

Pour enchilada sauce over the chicken and add 1/2 can chilis. Can use more or less depending on the amount of spice you like.

Cook on low for about 10 hours. Prior to serving, take chicken out of crockpot and shred it. Put back in crock pot and sprinkle cheese over it.

Once cheese melts, ready to serve. Place some of the shredded chicken in the middle of the ww tortilla and wrap it up. Place dollop of sour cream on top. Can serve with fat free refried beans and tomatoes.

South Beach Diet

Prosciutto Wrapped Asparagus - serve with small salad

Preheat Oven: 450
Cooking Time: 15 min

- * 1/2 pound prosciutto, sliced
- * 1/2 (8 ounce) package Neufchatel cheese, softened
- * 12 spears fresh asparagus, trimmed

1. Preheat oven to 450 degrees F (230 degrees C).
2. Spread prosciutto slices with Neufchatel cheese. Wrap slices around 2 or 3 asparagus spears. Arrange wrapped spears in a single layer on a medium baking sheet.

3. Bake 15 minutes in the preheated oven, until asparagus is tender.

Servings: 4

South Beach

Mexican Pizza/Nachos

1 Whole Wheat tortilla
refried beans (vegetarian or fat-free)
salsa
onion
peppers
black olives
Mexican cheese

Toppings:

lettuce, diced tomato, jalapeno pepper, sour cream made from cottage cheese & lemon juice

Take whole wheat tortilla, spread some refried beans (I used vegetarian, but they also make fat free), some ground sirloin browned, add salsa on top of that. Then add onion, peppers, and black olives. Then add some Mexican cheese.

Bake till cheese is brown and cooked. Cut into pizza slices (about 8 slices), top with lettuce, diced tomato, jalapeno peppers and some sour cream made from cottage cheese and lemon juice.

South Beach

Strawberry Salad

Base salad:

Leaf lettuce, torn into bits
1/2 medium cucumber, peeled & sliced
3-4 mushrooms, sliced
3-4 Roma tomatoes, sliced garlic
salad spice

Topping:

6 large strawberries, sliced
1/2 cup walnut pieces
1/2 avocado, sliced
Your favorite low fat salad dressing

Lightly coat large wooden bowl with olive oil & sprinkle with garlic powder and pepper. Toss lettuce, cucumber, mushrooms & tomatoes. Sprinkle with salad spice.

Top with sliced strawberries, walnut pieces and avocado slices.
Can add 3 oz. diced chicken breast.

South Beach

Chipotle Chicken and Tomato Soup

1/2 teaspoon ground cumin
1 (15.5-ounce) can navy beans, rinsed and drained
1 (14.5-ounce) can no-salt-added stewed tomatoes
1 (14-ounce) can fat-free, less-sodium chicken broth
1 chipotle chili, canned in adobo sauce, finely chopped
2 cups chopped cooked chicken breast (about 1/2 pound)
1 tablespoon extra-virgin olive oil
1/2 cup reduced-fat sour cream
1/4 cup chopped fresh cilantro

Combine first 5 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes.

Partially mash tomatoes and beans with a potato masher. Stir in chicken; cook 2 minutes or until thoroughly heated.

Remove from heat; stir in oil. Place 1 1/4 cups soup in each of four bowls. Top each serving with 2 tablespoons sour cream and 1 tablespoon cilantro.

Comments: A chipotle chile (canned smoked jalapeño pepper) adds smoky heat to this soup. If you want to tame the spice, substitute 1/2 teaspoon smoked paprika for the chili.

From Cooking Light

South Beach

Chicken Salad

1 pound chicken cut into bite size pieces
3 cups of celery diced
1/8 cup chopped onion
1 chopped hard-boiled egg
1/2 tsp poultry seasoning
1/2 tsp salt
1/4 tsp pepper
About 1/2 cup mayonnaise or to suit

Mix everything together.

Chill.

South Beach Diet

Cobb Salad

1 lb boneless, skinless chicken breasts
3 cups mixed salad greens
1 tomato cut into 1/2" pieces
1/4 cup light red wine vinaigrette
3 slices cooked turkey bacon, crumbled
1/4 cup crumbled blue cheese
3 hard-cooked eggs, peeled and chopped

1. Heat a large pot of water to simmering. Add chicken, cover and cook 18 minutes or until cooked through. Cool and cut into 1/2" cubes.

2. To serve, place chicken, greens and tomatoes in a large serving bowl and pour vinaigrette over top; toss to combine. Sprinkle each serving with equal amounts bacon, blue cheese and eggs.

Servings: 4

Blue cheese is allowed but be careful since there is no low-fat version, so you could cut the blue cheese down even more.

Added: 2010-01-19

Comments: Adapted from Family Circle, May 2008

South Beach Diet
